

## Participant-Friendly (Easy to Understand) Websites

The following websites provide information in English and Spanish except where noted otherwise.

### Pregnancy, Postpartum, Women's Health

- [www.womenshealth.gov](http://www.womenshealth.gov) Information on health topics for women, including fitness and nutrition.

### Breastfeeding

- [www.breastmilkcounts.com/our-new-campaign.html](http://www.breastmilkcounts.com/our-new-campaign.html) Information on a variety of breastfeeding topics.

### Infants/Kids

- [www.fns.usda.gov/core-nutrition/especially-moms](http://www.fns.usda.gov/core-nutrition/especially-moms) Tips and recipes to help children try new foods and eat more whole grains, fruits and vegetables, and low-fat dairy products.
- [www.first5california.com/parents/](http://www.first5california.com/parents/) Information on health, nutrition (including recipes), learning, and activity for children under age five. *Some information in Spanish*

### Healthy Eating

- [www.cachampionsforchange.cdph.ca.gov](http://www.cachampionsforchange.cdph.ca.gov) Recipes, tips for using produce, tips for physical activity and for healthy community change.
- [www.choosemyplate.gov](http://www.choosemyplate.gov) Information on food groups, meal planning, healthy eating, physical activity, and weight management.
- [www.eatfresh.org](http://www.eatfresh.org) Recipes, healthy lifestyle tips, “ask a dietitian” questions and answers, information on produce, and other foods.
- [www.wichealth.org](http://www.wichealth.org) Online education for WIC participants.

### General Health

- [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus) Information on health topics, including quizzes and videos.
- [www.healthfinder.gov](http://www.healthfinder.gov) Information on a variety of health topics.
- [www.mayoclinic.org](http://www.mayoclinic.org) Information on health topics based on the best available medical literature. *In English Only*

### Referrals

- <http://211.org> Free and confidential information and referrals. Help with food, housing, employment, health care, counseling, and more. *In English Only*



California Department of Public Health, California WIC Program  
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